

# Bridges Family Wellness PC



## Alternating Hot and Cold Therapies

For effective healing to occur, adequate blood flow is key. Not only does this bring nutrients to the tissues in question, it also brings in immune cells to eliminate toxins and clean up dead tissues in the area and kill any microbes that may set up shop.

The basic premise is the same no matter which body part you use. This therapy is effective for sore throats as a throat compress. Sinus infections as a sinus compress. Sprains/strains as either a compress or contrast bath.

**Cautions: If you have diminished sensitivity to temperature, do not use these therapies unless advised by your doctor and under the supervision of a caregiver or helper to test the temperature for you.**

### Compress

#### Hot compress:

Soak a washcloth or hand towel in hot water – not so hot that you burn yourself, but the skin should pink up after 30 seconds or less. If you are unsure of the temperature, test it against your inner forearm, if it is too hot - shake it out a bit, too cold – warm it up more. Never use boiling water or microwave your towel as this will cause scalding.

#### Cold compress:

A bag of frozen vegetables works very well for this. Otherwise make a cold ice bath in a bowl to soak your cloth in.

### Contrast Bath

The same principles apply here. If the body part you are working with can be immersed fully in water such as an ankle, hand, or perineum, the use of tubs of water can be more effective. For this you will need one tub filled with hot water and one with cold – preferably with ice. Again, do not scald yourself and test the temperature with the inside of your forearm before submerging the treatment area.

### Application

Always start with hot and end with cold. For the best results, perform a cycle of three contrasts two to three times daily for 2 weeks or until healing has been achieved.

Hot – 3-5 minutes

Cold – 30 seconds to 1 minute – this is where the magic happens, so be sure to work up to a minute, but stop at your level of tolerance.

Repeat for two more cycles.

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